

# QPR

QUESTION.  
PERSUADE.  
REFER.

Ask a Question. Save a Life.

## Suicide Prevention Training for Adults

**Question. Persuade. Refer.** are three steps anyone can learn to help prevent suicide. Make a positive difference in the life of someone you know.

### You will learn:

- Myths and facts about suicide
- Suicide clues and warning signs
- How to ask someone if they are thinking about suicide
- How to persuade someone to stay alive
- How to refer someone for additional support

**MARCH 19, 2025 | 5:30 - 7:00 PM**

**ARMORY BUILDING | 104 SW 4TH AVE, ALBANY, OR**

### Who should attend:

Community members • Employers • Parents • Educators  
Professional caregivers • Coaches • Faith leaders

**Sponsored by Linn County Health Services**

Registration is required.

For more information or to register:

[linntogether.org/community-training](http://linntogether.org/community-training).